

Senior Subcabinet Advisory Committee on Health and Wellness

Tuesday, December 13, 2011

Holiday Park Senior Center

SUMMARY

Attendees: Phil Smakula; Odile Saddi; Mary Sweeney; Bozena Skraban; Samantha Herbert; Susan Emery; Rita Nzuwah; Shawn Brennan; Michael Patterson; Pazit Aviv; Wendy Friar (Ian Kremer and Veronica Everett sent regrets.)

Topics covered:

- Reviewed Commission on Aging Recommendations from Summer Study on Mental Health and Older Adults
- Outpatient Commitment/Assisted Outpatient Treatment
- National Depression Screening Day
- Family caregiving
- Healthy Montgomery
- Fall prevention campaign/brochure
- MOLST update
- Group member announcements
- Schedule for future meetings

Outpatient Commitment/Assisted Outpatient Treatment

Discussed this issue and agreed that advocacy for this approach should come from the Mental Health Advisory Committee and groups like the National Association for the Mentally Ill (NAMI).

National Depression Screening Day (NDSD)

Plan to support this event in 2012. Shawn agreed to connect with NAMI to invite a speaker(s) to discuss with us how to engage people respectfully on this topic. Would be helpful to have materials/support available in multiple languages. Providing education on depression prior to the screenings might be appropriate, as well as resources available for those who may be depressed. We need to follow up with SORT manager to find out how the NDSD works out at the senior centers.

Odile offered to resend publication of SAMSHA that is designed to help prevent suicide among older adults and asked folks to review and consider implementing some strategies contained within. (She e-mailed it December 20.)

Caregiving

Discussed challenges of caregiving and of identifying best resources. Decided we should invite Sister Kathy Weber, who runs Holy Cross Caregiver Resource Center, to our next meeting. Perhaps the committee can make recommendations about content related to caregivers on the County's senior site? Shawn asked participants to explore some resources for possible inclusion:

- American Psychological Association's **Family Caregiver Briefcase** (for professionals serving family caregivers):
<http://www.apa.org/pi/about/publications/caregivers/resources/index.aspx>

- **Government resource** for caregivers:
<http://www.usa.gov/Citizen/Topics/Health/caregivers.shtml>
- **Lotsa Helping Hands** (lotsahelpinghands.com): Great website for anyone who's trying to coordinate a battalion of family and friends who will all be pitching in with various assignments. It's a free site, and caregivers set up a members-only community (you can invite whomever you choose). When there's a job that needs to be done, say, a ride to the doctor, or a trip to the grocery store, it's posted on the calendar and an email alert goes out to all the community members.
- **2keepit2gether** has free resources on their website for record keeping: Daily Medication and Vitamin Log Medical Expenses and Insurance Log. Go to their website: www.thecareorganizer.com and click on the "Free Downloads" tab at the top.
- **Hospital to Home** is a publication of National Association of Area Agency on Aging designed to help ease transition from hospital to home:
<http://www.n4a.org/pdf/HospitaltoHome.pdf>

Healthy Montgomery

Steering committee identified 6 priorities: obesity, diabetes, behavioral health, cancer, heart disease and maternal/child health. H&W Committee voiced concern over dementia not being addressed, but hope that the Behavioral Health Committee (BHC) will address it. Follow up plan: find out who is chairing that committee and forward a proposal (with Ian's help) to both collect data on dementia and plan for supporting people with dementia and their families; consider meeting with the chair of the BHC.

Fall prevention campaign/brochure

Group decided to add more specifics to the fall prevention brochure. Pazit volunteered to develop icons that we can add to the brochure that correspond to the various ways that organizations address fall prevention (screenings, exercise classes, etc.). Discussed idea to reach out to the Montgomery Medical Society to discuss the issue of falls. Maryland Del. Sam Arora is considering introducing legislation to support a public awareness campaign.

Medical Orders for Life Sustaining Treatment (MOLST)

The state has postponed mandating MOLST until more stakeholders have the opportunity to weigh in. Seems likely the law will take effect by the end of the legislative session (mid-April).

Select member announcements

Jewish Community Center using grant to subsidize fitness center memberships for older adults. Average age of participant is 80 years.

MindRAMP continues to provide presentations designed to educate on the need for prevention regarding brain health.

Holy Cross will be expanding Senior Fit to Germantown Community Center. (There are now 22 classes.) Is experimenting with the use of web cams to conduct falls risk assessments. Has contracted with a call center to connect with recently discharged patients. Mentioned it might be helpful if the H&W committee compiled information for hospital discharge planners to refer to. Circle of Rights now working with Linkages to Learning schools as a way to reach multi-generation families with health information.

Adventist Health Care provides screenings at senior centers and community events. Is open to supporting efforts in the Rockville, Gaithersburg, and Germantown area.

Commission on Aging will soon release its Senior Agenda, which it will present to the Senior Subcabinet in January.

Ideas generated requiring follow up:

1. Invite Sister Kathy and NAMI representative to future meeting(s)
2. Learn whether the mental health advisory committee is taking on the assisted outpatient treatment option.
3. Find out who is chairing the Healthy Montgomery behavioral health committee
4. Discuss icon ideas for fall prevention brochure.
5. Develop plan to reach out to the Medical Society.
6. Monitor Del. Arora's legislation.
7. Consider developing a guide for hospital discharge planners.
8. Invite SORT manager from Affiliated Sante Group.